

More Things To Do...

Time Capsule
Senior Center Readies for unearthing of the 1995 Time Capsule in May.

A time capsule bearing the hopes and wishes from residents of the time was buried at the Rockville Senior Center, with plans that it would be unearthed in May 2020, 25 years from when it was placed.

The plan is to unearth the capsule at the appointed time. Staff at the Senior Center will need to know which items to return to whom. Envelopes handed out in 1995 were used to donate items and receipts issued to be redeemed when the capsule was dug up.

If you have a receipt ticket, or believe a loved one may have put something in the capsule for you to retrieve, please contact the Rockville Senior Center at seniorcenter@rockvillemd.gov or 240-314-8800.

Join us for the Time Capsule Celebration Tues., May 5, 4:30-6 p.m.
Course# 13324; Free

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Snow Removal
Want to help a fellow member? Many older adults need assistance with snow removal. If you would like to volunteer, or if you are a city resident, 60 and older in need of assistance, please contact: Jerry Jones, 240-314-8819, jjones@rockvillemd.gov

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Senior Income Tax Assistance
Monday until-April 13
Appointment needed. Free
240-777-2577

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Thursday & Friday Movie Matinees at the Senior Center

Fridays, March 6 & 13, 1-3:15 p.m.
Rocketman

Young Reginald Dwight changes his name to Elton John and collaborates with singer-songwriter Bernie Taupin to become one of the most iconic figures in pop history. Set to his most beloved songs, it's the epic musical story of Elton John, his breakthrough years in the 1970s and his fantastical transformation from shy piano prodigy to international superstar. Rated R for language throughout, some drug use and sexual content.

March 19 & 20, 1-3:15 p.m.
Parasite
Greed and class discrimination threaten the newly formed symbiotic relationship between the wealthy Park family and the destitute Kim clan. Rated R for language, some violence, and sexual content. *The entire movie is in subtitles, movie is in Korean*

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April Supper Club
Tues., April 21, 5-7 p.m.
Catered by Stone Soup Catering and entertainment by The Legendary Winfield Parker
Course#12894; \$16/\$26

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Duffers Mtg.
Wed., March 25, 10 a.m.
Annual organizational meeting for the 2020 golf season. Participants were mailed letter.

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A full list of classes can be found in our seasonal 60+ Recreation Guide. The guide can be found online at www.rockvillemd.gov/seniorcenter, at the Senior Center or any city facility.

Stay Informed:
• www.rockvillemd.gov/seniorcenter
• seniorcenter@rockvillemd.gov
• 240-314-8800
• facebook.com/rockvilleseniors
• twitter.com/rokcvillerec
• instagram.com/rockvillerec

Participants for On-going activities must be a Rockville Senior Center. Registration is now required for all drop in activities. Please register at the front desk.

Reminder for Winter Programs:
We follow Montgomery County Public Schools (MCPS)
If MCPS is closed: All prgrams, transportation, and lunch is cancelled.

If MCPS has a 2 hr. delay:
Building including the fitness room opens at 9 a.m. Lunch and 9 a.m. bus pickup is cancelled.
All morning programs are cancelled until noon.

Staff Chat
Wed., March 11, 10-10:30 a.m.
Special guest, Corporal McBride from Rockville Police

Como Enfrentarse al Cambio en la Vida
Con José Hernández, Terapeuta
Jueves 19 de marzo, 10-11 a.m.

Rockville Seniors

The Center's Monthly Highlights and Calendar

MARCH 2020

March Special Highlights

Your Opportunity to learn about the 2020 Census.

Tues., March 3, 10:30-11:30 a.m.

- What's new?
- How to fill out the Census
- What will be asked?
- Safety and the Census?
- How do I benefit?
- Is my information safe?
- Who needs to answer?
- Confidentiality and the Census?

Course #87172; Free

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Spring Trip Lottery
Fri., March 13 at 10:30 a.m.: Senior Center Members
March 16: Non members
Spring Trips include:

- 3/31 National Museum of African American History
 - 4/23 O Street Mansion
 - 5/7 Washington Nationals vs. Arizona Diamondbacks
 - 5/27 Spring Fling to Chesapeake Beach
 - 6/5 The Carole King Musical at Wolf Trap
- See page 11 in 60+Guide for more info.
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Salsa, Sip, & Stretch
Fri., March 20, 10:30-11:30
Enjoy 20 minutes of salsa, followed by 20 minutes of stretches including some basic yoga poses and a relaxation segment. Finish the hour with time for new friends and light refreshments.
Course# 12236; Free

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St. Patrick Celebration
Sponsored by Rockville Seniors, Inc.
Tues., March 17, 5-7 p.m.
Fun for the family! Enjoy green beer, chili dogs, baked potato station, and entertainment by The Culkin School of Traditional Irish Dance. Transportation is available for 60+ residents by contacting 240-314-8810 by 3/13. Food & Beer available for purchase day of event. Registration is required.
Course#87071

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Stay Safe on the Roads
Thurs., April 2, 10 a.m. -12:30 p.m.
F. Scott. Fitzgerald Theater, 603 Edmonston Dr, Rockville, MD 20851

- Explore ways to extend your time behind the wheel as long as possible.
- Learn how to manage bike lanes, bikers, and other road users including pedestrian safety.
- Discover a variety of ways to get where you want to go.

Featuring: Carol Wheatley, OTR, Driving Rehabilitation Specialist; Maryland Motor Vehicle Administration; AARP Driver Safety; and Montgomery County Department of Transportation Presentations*Resource tables*light refreshments
Bus to leave the center to attend expo, please sign up at the Transportation office or call 240.314.8810 by Monday, March 30

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8 Week Challenge Celebration
Thurs., March 19, 1-2 p.m.

Monthly Offerings & Notices

Spring Class Registration
8:30 a.m.
March 3: Senior Center Members
March 5: Non members

March Birthday Party
Wed., March 4, 1:30-3 p.m.
Sponsored by: Brightview Falls-grove
Entertainment by:Jeff Herbert-Irish Tunes

Young in Heart Club
Thurs., March 19, 11 a.m.-1 p.m.
Meeting and lunch. Fliers were mailed to members.

Red Hats Meeting and Lunch
Wed., March 25, 11:30 a.m.
Fliers were mailed to members.

Southern Cooking
Tues., March 31, 4-6 p.m.
In this demonstration class, Chef Sheila Crye will teach you recipes from the cook book, "Jubilee: Recipes from Two Centuries of African American Cooking.
Course # 12970; \$46/\$56

Turning 65?
Tues., March 31, 4-6 p.m.
Happy Birthday! Join representatives from the Senior Health Insurance Assistance Program, and learn where to begin and how to get help. Course# 11603; Free

March 25-April 13
Piecemaker Quilts on display in the the Lounge